

The allergy data detailed in the table below has been derived from specifications obtained from the suppliers of our products. We have taken all reasonable steps to ensure that this table is accurate. We CANNOT guarantee that any food items is "100% FREE FROM" any allergen due to the risk of unexpected cross-contamination.

- ✓ YES/CONTAINS: Listed as an ingredient by supplier
- MAY CONTAIN: Not listed as an ingredient but supplier advise they cannot guarantee absence as product is present in factory
- N** NUTS: A - Almonds * H - Hazelnut * PC - Pecans
- G** GLUTEN: W - Wheat * B -Barley

Ingredients	Allergens									
	1. Nuts	2. Milk	3. Gluten	4. Egg	5. Soybeans	6. Fish	7. Sesame Seeds	8. Sulphur Dioxide & Sulphites	9. Celery	10. Mustard
7Up										
Almond Croissant	A	✓	W	✓	✓					
Almonds	A									
Apple Juice										
Apple Mix	○							✓		
Bacon										
Ballymaloe										✓
Balsamic Dressing				✓				✓		✓
Bananas										
Berry Tea										
Black Pepper										
Butter		✓								
Butter Portion		✓								
Buttermilk Mix		✓	W	✓						
Caramel Sauce				○	○			○		
Caramel Syrup										
Caster Sugar										
Chai Syrup										
Chamomile Tea										
Cheddar Cheese		✓								
Chicken										
Chives										
Chocolate Croissant		✓	W	✓	✓					
Chocolate Sprinkle										

✓
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GLUTEN: W - Wheat * B -Barley

	1. Nuts	2. Milk	3. Gluten	4. Egg	5. Soybeans	6. Fish	7. Sesame Seeds	8. Sulphur Dioxide & Sulphites	9. Celery	10. Mustard
Cinnamon Butter			↓							
Cinnamon Syrup										
Club Orange										
Coconut										
Coffee Beans										
Coke										
Coke Zero										
Cream		✓								
Crème Fraiche		✓								
Crepe Mix		✓	W	✓						
Croissant		✓	W	✓	✓					
Danish		✓	W	✓	✓					
Diet Coke										
Earl Grey Tea										
Eggs				✓						
French Toast Mix		✓		✓						
Fresh Lemon Juice										
Fruit Scone		✓	W	✓						
Garlic Mayo				✓						✓
Gran Marnier										
Green Tea										
Guacamole										
Ham									✓	
Hazelnut Syrup										
Honey										
Hot Chocolate Mix	○	✓			✓					
Ice										
Ice Cream - Vanilla	○	✓		✓						
Icing Sugar										
Jam										
Jam Portion										

✓
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Lemon Slice										
Lemonade										
Lemons										
Lettuce										
Maple Portion										
Maple Syrup										
Marmalade										
Marshmallows										
Mayo					✓					✓
Mexican Salad										
Milk		✓								
Mushrooms		✓								
Nutella		H	✓			✓				
Oj										
Onion									✓	✓
Oreo Biscuit			O	W						
Parmesan		✓								
Pecans		P						O		
Peppermint & Liquorice Tea										
Peppermint Tea										
Pepperoni										
Pizza Sauce										✓
Rocket										
Salmon							✓			
Salsa Sauce										
Sausage		✓		W		✓			✓	
Smoothie - Mango										
Smoothie - Strawberry										
Sparkling Water										
Spinach		✓								
Still Water										

✓
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Strawberries										
Sweet Peppers										
Taco Sauce					✓					✓
Tea Bags										
Terrys Chocolate Sweets		✓				✓				
Tikka Sauce					✓					✓
Tomato										
Truffle Mayo					✓					✓
Tuna					✓		✓			✓
Vanilla Butter		✓								
Vanilla Syrup										
Waffles		✓	W	✓						
White Bread			W		✓			○		
Toasts										
Toast		✓	W		✓			○		
French Toast		✓	W	✓	✓			○		
Streaky French Toast		✓	W	✓	✓			○		
Berry Toast		✓	W	✓	✓			○		
Omelettes										
Cheese Omellette		✓	W	✓	✓			○		
Cheese And Ham Omellette		✓	W	✓	✓			○	✓	
Californian Omellette		✓	W	✓	✓			○		
Power Omellette		✓	W	✓	✓			○	✓	
Veg Power Omellette		✓	W	✓	✓			○		
Big Breakfast Omellette		✓	W	✓	✓			○	✓	
Cheese And Musroom		✓	W	✓	✓			○		
Smoked Omellette		✓	W	✓	✓	✓		○		
Bakery										
Croissant		✓	W	✓	✓					
Almond Crossiant	A	✓	W	✓	✓					
Chocolate Crossiant		✓	W	✓	✓					

✓
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Danish		✓	W	✓	✓					
Fruit Scone		✓	W	✓						
Savoury Crepes										
Big Breakfast Crepe		✓	W	✓	✓	✓			✓	✓
Crispy Complete Crepe		✓	W	✓						✓
Complete Crepe		✓	W	✓					✓	
Canadian Crepe		✓	W	✓						
Power Crepes - Spinach										
Power Crepe		✓	W	✓					✓	✓
Power Plus		✓	W	✓						✓
Veg Power		✓	W	✓						✓
Veg Power Plus		✓	W	✓						✓
Power Deluxe		✓	W	✓			✓		✓	✓
Vegetable Focus										
Cheese Veg		✓	W	✓					✓	✓
Ultimate Cheese		✓	W	✓						✓
Egg Cheese Mushroom Onion		✓	W	✓					✓	✓
Homemade Guacamole										
Mexicano		✓	W	✓						
Mexicano Extra		✓	W	✓						
Mexican Mix Pepper		✓	W	✓						✓
Reliables										
Cheese And Ham Crepe		✓	W	✓					✓	
Chicken Cheese Tikka Tomato		✓	W	✓						✓
The Club		✓	W	✓						✓
The Cheese Club		✓	W	✓						✓
Ham Cheese Onion		✓	W	✓					✓	✓
Cheese And Egg Crepe		✓	W	✓						
Calzone		✓	W	✓					✓	✓
Sweet Crepes										
The Traditional		✓	W	✓						

✓
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Strawberry And Cream		✓	W	✓						
Chocolate										
Chocolate Special	H	✓	W	✓	✓					
Choc Ice	H	✓	W	✓	✓					
Super Supreme	H	✓	W	✓	✓					
Banana Supreme	H	✓	W	✓	✓					
Strawberry Supreme	H	✓	W	✓	✓					
Coconut Dream	H	✓	W	✓	✓					
Oreo Crepe	H	✓	W	✓	✓					
Sticky And Sweet										
Maple Delight	A	✓	W	✓						
Banana Maple Delight	A	✓	W	✓						
Sticky Fingers		✓	W	✓						
Apple Cinnamon Cream	O	✓	W	✓					✓	
Suzzettes (Grand Marnier)										
Crepe Suzzette		✓	W	✓						
Banana Suzzette		✓	W	✓						
Naughty But Nice										
Chocolate Marnier	H	✓	W	✓	✓					
Breakfast Classics										
Big Breakfast Melt		✓	W	✓	✓		O	✓	✓	
Big Breakfast Sandwich		✓	W	✓	✓		O	✓	✓	
Egg Bacon Sandwich		✓	W	✓	✓		O		✓	
Big Breakfast Crepe		✓	W	✓	✓			✓	✓	
Crispy Complete Crepe		✓	W	✓					✓	
Big Breakfast Omellette		✓	W	✓	✓		O	✓		
Power Omellette		✓	W	✓	✓		O	✓		
Veg Power Omellette		✓	W	✓	✓		O			
Smoked Omellette		✓	W	✓	✓	✓	O			
Streaky French Toast		✓	W	✓	✓		O			
Berry Toast		✓	W	✓	✓		O			

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Big Breakfast N Maple Stack		✓	W	✓	✓				✓	
Breakfast Stack		✓	W	✓	✓				✓	
Straberry Supreme Stack	H	✓	W	✓	✓					
Toast		✓	W			✓		○		
Stacks										
Canadian Stack		✓	W	✓						
Maple Stack	P	✓	W	✓				○		
Strawberry Cream Stack		✓	W	✓						
Big Breakfast N Maple Stack		✓	W	✓	✓				✓	
Breakfast Stack		✓	W	✓	✓				✓	
Chocolate Stack	H	✓	W	✓	✓					
Dunkers	H	✓	W	✓	✓					
Straberry Supreme Stack	H	✓	W	✓	✓					
Top Up 1		✓	W	✓						
Top Up 2		✓	W	✓						
Top Up 3		✓	W	✓						
Top Up 4		✓	W	✓						
Reliables										
Cheese Melt		✓	W			✓		○		
Ultimate Cheese Melt		✓	W	✓	✓			○		✓
Cheese & Ham Melt		✓	W			✓		○	✓	
Bacon And Cheese Melt		✓	W			✓		○	✓	
Chicken Cheese Tikka Tomato		✓	W	✓	✓			○		✓
Tuna Melt		✓	W	✓	✓	✓		○		✓
Salsa Melt		✓	W	✓	✓			○		✓
Blt		✓	W	✓	✓			○		✓
The Club		✓	W	✓	✓			○		✓
The Club Melt		✓	W	✓	✓			○		✓
Short Shots										
Espresso										
Double Espresso										

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Ristretto										
Cortado		✓								
Double Cortado		✓								
Machiato		✓								
Double Machiato		✓								
Classic Coffees										
Americano 08oz		✓								
Americano 12oz		✓								
Americano 16oz		✓								
Cappuccino 08oz		✓								
Cappuccino 12oz		✓								
Cappuccino 16oz		✓								
Flat White		✓								
Latte 08oz		✓								
Latte 12oz		✓								
Latte 16oz		✓								
Flavoured Latte 08oz		✓								
Flavoured Latte 12oz		✓								
Flavoured Latte 16oz		✓								
Hot Chocolate										
Mocha 08oz	○	✓				✓				
Mocha 12oz		✓								
Mocha 16oz	○	✓				✓				
Hot Chocolate 08oz		✓								
Hot Chocolate 12oz	○	✓				✓				
Hot Chocolate 16oz		✓								
Caramel Mocha 08oz	○	✓			○	✓			○	
Caramel Mocha 12oz		✓			○	✓			○	
Caramel Mocha 16oz		✓			○	✓			○	
Iced Coffee										
Iced Americano										

✓
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Iced Latte			✓							
Iced Flavoured Latte			✓							
Teas										
Tea 12oz			✓							
Tea 16oz			✓							
Earl Grey Tea			✓							
Herbal Tea										
Winter Brew Green										
Chai Latte 12oz			✓							
Chai Latte 16oz			✓							
Chai Latte 8oz			✓							
Children										
Clouds 08oz			✓							
Clouds 12oz			✓							
Clouds 16oz			✓							
Cold Beverages										
Orange Juice										
Apple Juice										
Lemonade										
Mango Smoothie										
Strawberry Smoothie										
Coke										
Coke Zero										
Diet Coke										
7Up										
Fanta Orange										
Still Water										
Sparkling Water										
Milk		✓								